

Speed and Agility for Sports

Camp Description:

8-13 yrs / 4 days starting Jul 8 / \$96

No matter what level athlete you are, this camp will improve your speed, explosiveness, footwork and coordination. Perfect your sprinting mechanics, backpedaling and agility techniques and improve overall athleticism while you really boost your confidence. Enjoy this challenging and motivating camp, take a break from your sport and get back to the basics of being a solid athlete. For more information, contact Will Dunmore at 410-313-1697.

Axis Sports Training Facility

8-10 yrs / 1 hr / \$96

[RP7765.401](#) Jul 8 9:30am-10:30am M-TH

11-13 yrs / 1 hr / \$196

[RP7765.402](#) Jul 8 10:30pm-11:30am M-TH

Sign-In / Sign-Out Procedures:

The camp will run at the times specified above Monday through Friday. Registration verification and check-in will take place each afternoon as the campers arrive. **The person picking up the camper must come to the camp meeting location and sign the camper out before the camper will be released.**

What to Bring:

The recommended attire for camp is T-shirt, shorts, and athletic shoes. Campers should always have a bottle of water with them each day.

Important Forms:

- [Participant Information Form](#) ←click to access form online
You MUST bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.
- [Medication Order Form](#) ←click to access form online
Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. Forms are available on the Department's website: www.hcrpsports.com or can be obtained at camp on the first day. A separate form is required for each medication. All medications

must be in the original container with the medication name, physician's name, dosage and expiration date.

Directions:

Axis Sports Training Facility- 9030 Maryland 108 Columbia, MD 21045

From Route 29 take Route 108 East. Axis will be on your left after 1.8 miles.

Or

Take 100 west to exit 2 MD 104 toward MD 108. At the traffic circle take the 3rd exit onto Waterloo rd. Turn right onto MD 108. Axis is 1 mile down on your right.

Inclement Weather:

For inclement weather program changes, information will be available 45 minutes prior to the camp start time on the Department's program status line, 410-313-4451; press 4 for camps. The recorded message will reflect any change to the drop off location or time changes for the camp.

For More Information:

Will Dunmore

Recreation Supervisor

410-313-1697

wdunmore@howardcountymd.gov